

THE BENEFITS OF UTILIZING TECHNOLOGY IN THE PHYSICAL EDUCATION
CLASSROOM

By

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A dissertation submitted in partial fulfillment of the requirements for the degree of Masters in
Education.

Hamline University


Saint Paul, Minnesota

August 2021

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As a first-year teacher in a school with a high English learner population, I struggled to communicate with my students. As I began creating visuals and short videos for them, I saw both their confidence and their skills improve. This experience led me to my research question: How can technology enhance learning in a physical education classroom? In what ways can it be implemented? Thus, I created a website full of technology tools that will benefit the physical education classroom.


For the capstone project, a website was created where physical education teachers can access ideas for technology and how to implement them. There will be several categories, such as teacher tools apps, active gaming, assessments, movie creation apps and video assessment apps. Once the user clicks on the category, more information will appear about the benefits of utilizing this technology in the classroom. This capstone project will aid in getting these great resources out to other physical education teachers.



Video Assessment Apps

These four apps are beneficial when conducting skill assessments as well as recording students and showing them their form!

9. Coaches Eye

 BaM Video Delay

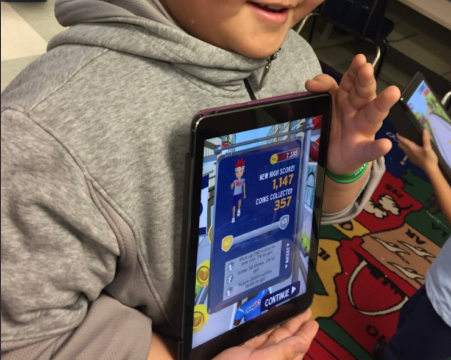
Clipstro

Coach's Eye

DMD vClone

Many of the resources listed are free while some cost money. The majority of the applications listed on the website are geared towards teacher usage while one section, exergaming, consists of apps to promote student movement on their devices. These games, referred to as exergames, change the way video games and virtual games are

being played. Physical education teachers should encourage these applications to be put on student devices to inspire more movement throughout the day.



3. NFL Play 60 App

Applications for Student Devices (Exergaming)

The apps below should be downloaded onto student devices. Once on their iPads, students move the character by moving their bodies. These games are great for indoor recess, movement breaks, a fun Friday activity or an alternative to sedentary video games!

Active Arcade

Balls & Bombs

Bit Breaker

Exercise: At Ho...

Just Dance

Jump Jump Fro...

Here is the link to my website.

<https://sites.google.com/apps.district279.org/benefitsoftechnologyinpe/home>

References

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